



**TISARATANA VANDANA**  
*Salutation To The Triple Gems*  
禮敬三寶

**ARAHAM̐, SAMMĀ-SAMBUDDHO BHAGAVĀ,  
BUDDHAM̐ BHAGAVANTAM̐ ABHIVĀDEMI**

*Lord, the most Worthy One,  
the Perfectly Self-Enlightened One,  
The Buddha, I revere.*

世尊是阿羅漢，正等正覺者，我禮敬佛陀世尊。



**SVĀKKHĀTO BHAGAVATĀ DHAMMO,  
DHAMMAṀ NAMASSĀMI.**

*The Dhamma of the Blessed One is perfectly expounded,  
this law, path, teaching, I venerate.*

法是世尊所善說的，我禮敬法。

**SUPATIPANNO BHAGAVATO SĀVAKASAṄGHO ,  
SAṄGHAM̐ NAMĀMI.**

*The Sangha of the Blessed One's disciples  
has entered on the good way,  
that pure community, I revere*

世尊的弟子僧團是善行道者，我禮敬僧團。

# ATṬHAṄGA SILA YĀCANĀ

*Asking For The Three Refuges  
And The Eight Precepts*

求授三皈八戒

**YOGIS (修禪者) :**

**AHAM AYYA, TISARAÑEÑA SAHA,  
AṬṬHAṄGA SĪLAM DHAMMAṀ YĀCĀMI,  
ANUGGAHAM KATVĀ, SĪLAM DETHA ME AYYA.**

*Venerable, may I request to observe the eight precepts  
together with the Three Refuges, out of your compassion,  
(so that I can get rid of the cycle of rebirth)*

**尊者大德，懇請您慈悲，  
爲我傳授三皈及八戒（以便我能脫離生死輪回）**



**DUTIYAMPI, AHAM AYYA, TISARAṆENA SAHA,  
AṬṬHAṄGA SĪLAM DHAMMAṀ YĀCĀMI,  
ANUGGAHAṀ KATVĀ, SĪLAM DETHA ME AYYA.**

*Venerable, for the second time,  
may I request to observe the eight precepts  
together with the Three Refuges, out of your compassion,  
(so that I can get rid of the cycle of rebirth)*

**第二次，尊者大德，懇請您慈悲  
爲我傳授三皈及八戒（以便我能脫離生死輪回）**



TATIYAMPI, AHAM AYYA, TISARAṆENA SAHA,  
AṬṬHAṄGA SĪLAM DHAMMAṀ YĀCĀMI,  
ANUGGAHAṀ KATVĀ, SĪLAM DETHA ME AYYA.

*Venerable, for the third time,  
may I request to observe the eight precepts  
together with the Three Refuges, out of your compassion,  
(so that I can get rid of the cycle of rebirth)*

第三次，尊者大德，懇請您慈悲  
爲我傳授三皈及八戒（以便我能脫離生死輪回）





**AYYA :**

**YAMAHAM VADĀMI, TAM VADETHA**

*Well, repeat the chanting after me.*

請跟隨我念。



**YOGIS (修禪者) :**

**ĀMA AYYA**

*Yes, Venerable.*

是的，尊者大德。



**BUDDHĀBHIVĀDANA**  
*Homage to the Buddha*  
禮敬佛陀

**Namo tassa bhavagato arahato  
sammā sambudhassa**

*Homage to Him, the Blessed One,  
the Worthy One, the Fully Enlightened One.*

禮敬世尊，阿羅漢，正等正覺者。

**(3 times)**



TISARAṆA  
The Three Refuges  
三皈依

**Buddhaṃ saraṇaṃ gacchāmi  
Dhammaṃ saraṇaṃ gacchāmi  
Saṅghaṃ saraṇaṃ gacchāmi**

*I take refuge in the Buddha.  
I take refuge in the Dhamma.  
I take refuge in the Sangha.*

我以佛陀為皈依處。  
我以佛法為皈依處。  
我以僧伽為皈依處。



**Dutiyampi Buddhāṃ saraṇaṃ gacchāmi**  
**Dutiyampi Dhammaṃ saraṇaṃ gacchāmi**  
**Dutiyampi Saṅghaṃ saraṇaṃ gacchāmi**

*For the second time, I take refuge in the Buddha.*  
*For the second time, I take refuge in the Dhamma.*  
*For the second time, I take refuge in the Sangha.*

第二次，我以佛陀為皈依處。  
第二次，我以佛法為皈依處。  
第二次，我以僧伽為皈依處。

**Tatīyampi Buddhāṃ saraṇaṃ gacchāmi  
Tatīyampi Dhammaṃ saraṇaṃ gacchāmi  
Tatīyampi Saṅghaṃ saraṇaṃ gacchāmi**

*For the third time, I take refuge in the Buddha.  
For the third time, I take refuge in the Dhamma.  
For the third time, I take refuge in the Sangha.*

第三次，我以佛陀為皈依處。  
第三次，我以佛法為皈依處。  
第三次，我以僧伽為皈依處。

**AYYA :**

**SARANA GAMANAṂ PARIPUNṆAṂ**

*The taking of the refuge is purely completed.*

三皈已授完畢。

**YOGIS (修禪者) :**

**ĀMA AYYA**

*Yes, Venerable.*

是的，尊者大德。







**ATṬHAṄGA SĪLA**  
*The Eight Precepts*  
八戒

**YOGIS (修禪者) :**

**Pāṇātipātā veramaṇī sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain  
from killing.*

**我受持不殺生學處**



**Adinnādanā veramaṇī sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain from taking  
what is not given.*

**我受持不偷盜學處**

**Abrahmacariyā veramaṇī sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain from  
unchaste conduct.*

我受持不非梵行（不淫）學處。



**Musavada veramaṇī sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain from  
telling lies.*

我受持不妄語學處

**Surāmeraya majjapamādatthānā veramaṇī  
sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain from distilled  
and fermented intoxicants which cause heedlessness.*

我受持不喝一切發酵及含酒精的飲料。



**Vikālabhojanā veramaṇī sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain from eating at  
the wrong time (from taking food after noon) .*

我戒午候進食。

**Nacca-gīta-vādita-visūkadassana-mālā-gandha-vilepana-  
dhārana-maṇḍana-vibhū-sanatṭhānā veramaṇī sikhāpadaṃ  
samādiyāmi**

*I undertake the training precept to abstain from dancing, singing,  
music, entertainment, wearing garlands, using perfumes and  
beautifying with cosmetics.*

我受持不歌舞觀伎，不著香花蔓，不香油涂身學處。

**Uccāsayana-mahāsayanā veramaṇī sikhāpadaṃ samādiyāmi**

*I undertake the training precept to abstain from lying on a high or  
large sleeping place.*

我受持不坐卧高廣大床學處。

*End~*

